



## Belmont S.P.O.R.T.

### (Special Programs Organized for Recreation Time)

A year round program which provides activities for individuals with special needs. Participants of all ages and levels are welcome to enroll. The Towns of Belmont and Watertown, user fees and donations fund the program. Dedicated volunteers enable the S.P.O.R.T. Program to offer many outstanding programs at nominal fees. We promise continued excellence in recreation programming for individuals with special needs.

### Registration Information

Welcome to the start of the 2016 Spring/Summer season for Belmont S.P.O.R.T. To make registering for programs easier and to better plan your spring and summer schedules, we will register now for programs through the end of summer. We encourage you to plan ahead. Register early as programs will fill up and space is limited. Be sure to provide us with up to date contact information such as address, phone and e-mail address. These are helpful in allowing us to notify participants of changes and/or cancellations.

### \*IMPORTANT SAFETY INFORMATION\*

Family members and staff, always make sure that there is an instructor or coach at a program before you drop off an athlete. Also, please arrive on time to pick up an athlete at the end of a program or event. There should be no instance where an athlete is left unsupervised.



Belmont S.P.O.R.T.  
Susan Weiner, Director  
Belmont Recreation Department  
PO Box 56 Belmont, MA 02478  
(617) 993-2760



[www.belmont-ma.gov/recreation](http://www.belmont-ma.gov/recreation)



**\*Please note if school is cancelled due to inclement weather,  
S.P.O.R.T. programs are also cancelled.\***

**Check us out on FACEBOOK: Belmont SPORT**

## ACKNOWLEDGEMENTS

- Thank you to Amanda Alarie, Tom McCarter, and Loukas and Emmett Finocche, Heidi and Ashley Barberio, Meghan and Kelly Brophy for participating in Special Olympics Polar Plunge and raising money for Belmont S.P.O.R.T. **There is still time to support Amanda, Tom, Emmett and Loukas Heidi ,Ashley, Meghan and Kelly!**
- Thank you to all the coaches and volunteers for another successful season.
- Thank you to everyone who voted for Friends of Belmont S.P.O.R.T. at the Watertown Savings Bank for Customer Choice Award. We will receive this award on April 5, 2016.
- Thank you to the Belmont Lions Club for its donation of \$3,500 to Friends of Belmont S.P.O.R.T..

## **\*\*Important Details\*\***

**We have made some changes**

- All checks for programs listed in this booklet should be made out to the **Town of Belmont**, and mailed to:  
Belmont Recreation Department P.O. Box 56 Belmont, MA 02478
- A non-resident is anyone who does not live in Belmont, Watertown, Arlington, or Waltham
- Most of your questions can be answered by calling the Recreation Department at (617) 993-2760. The office is open Monday-Friday from 8am until 4pm. To **check for cancellations call 617-993-2768** or on our Facebook page Belmont SPORT
- When filling out the registration form please make sure to put the **most up to date contact information for the S.P.O.R.T. participant**. This is the information we use if we ever have to contact participants with last minute program changes!
- We will NOT accept forms that are not completely fill out.
- In order to participate in any Special Olympic program we MUST have a valid Special Olympic medical on file.

### Price List Spring/Summer 2016

Program	Resident Cost	Non-Resident Cost
<b>Special</b>	<b>Olympic</b>	<b>Programs</b>
Special Olympic Bocce	\$40	\$50
Special Olympic Track	\$40	\$50
Special Olympic Tennis	\$40	\$50
Special Olympic Swimming	\$40	\$50
Special Olympic Softball	\$40	\$50
Special Olympic Golf	\$40	\$50
Special Olympic Volleyball	\$40	\$50
Special Olympic Cycling	\$40	\$50
Special Olympic Sailing	\$40	\$50
Special Olympic Power Lifting	\$40	\$50
<b>Health</b>	<b>Fitness</b>	<b>Programs</b>
Walk For Fitness and Fun	\$5	\$15
Recreation Swim	\$40	\$50
Challenger Division Baseball	TBD	TBD
Lights Camera Action	\$40	\$50
Nothing Impossible Baseball	TBD	TBD
Afterschool TBall	No Fee	No Fee

\*Friday Night/Summer Socials: no-charge for registration for residents of Belmont, Watertown, Arlington and Waltham. Non- Residents registration fee is \$20 **plus the cost of event.**

### IMPORTANT DATES

<b>Saturday March 5, 2016</b>	Polar Plunge	Revere Beach Nantasket Beach
<b>Wednesday March 16, 2016</b>	Parent Meeting Friends of Belmont S.P.O.R.T.	6:30pm- Art Room Beech Street Center 266 Beech Street
<b>Sunday, April 3, 2016</b>	Special Olympic Bowling Tournament	Woburn Bowl A Drome
<b>Sunday, April 24, 2016</b>	Volleyball Qualifier	Springfield
<b>Saturday, April 30, 2016</b>	Swim Qualifier	BU Recreation and Fitness Center
<b>Sunday, May 15, 2016</b>	Track Qualifier	Milton Academy
<b>Friday-Sunday June-3-5, 2016</b>	Mass Special Olympics Summer Games	BU Housing Competition at Harvard
<b>Wednesday, June 8</b>	Banquet	St. Joseph's Church
<b>Sunday June 12, 2016</b>	Softball Tryout	Winn Brook School Field
<b>Friday- Sunday August 19-21, 2016</b>	S.P.O.R.T. Family Trip	New York
<b>August 27- 28, 2016</b>	Mass Special Olympics August Tournament	Marlborough Area
<b>Wednesday, Sept. 14, 2016</b>	S.P.O.R.T. Eric Habelow Open Golf Tournament	Sandy Burr Country Club Wayland, MA

### Special Olympic Bocce (Traditional and Unified)

Bocce or lawn bowling is a sport for all ability levels. It takes place at the Beech Street Center on Monday nights from **7:00–8:00pm** for athletes 12 and older.

**Dates: Mondays:** June 20, 27, July 11, 18, 25, August 1, 8, 15, 22, 2016



### Special Olympic Track

For participants ages 8 and older. All interested athletes should meet the coaches at the Belmont Hill School Jordan Athletic Center 350 Prospect St. Belmont **6:00–7:00pm**

**Dates: Mondays:** April 4, 11, 25, May 2, 9, 16, 23, 2016



### Special Olympic Tennis

For athletes ages 12 and older. This program is on Tuesday nights from **6:30–7:30pm** at the Hittinger Courts in Belmont. The first 3 practices will be indoors at the Chenery Middle School. Weekly practice will focus on skill development and teams will be formed according to abilities

**Date: Tuesdays:** March 29, April 5, 12, 19, 26, May 3, 10, 17, 24, 31, 2016

**March 29 April 5, 12 MEET INDOORS AT CHENERY MIDDLE SCHOOL**



### Special Olympic Swimming

This program is for athletes 8 and older. Practices are held at the Belmont High School Pool on Monday and Wednesday nights from **6:30–7:30pm** or Bentley University Tuesday and Friday from **3:30 to 5:00**. This program is for swimmers who will compete in the June Special Olympics. Athletes must be able to swim the length of the pool.

*All athletes should attend 2 practices a week at the location of their choosing.*



#### **Belmont High School location**

**Mondays:** March 21, 28, April 4, 11, 25, May 2, 9, 16, 23, 2016

**Wednesdays:** March 23, 30, April 6, 13, 27, May 4, 11, 18, 25, June 1, 2016

#### **Bentley University Pool location**

**Tuesdays:** March 22, 29, April 5, 12, 26, May 3, 10, 17, 24, 31, 2016

**Fridays:** April 1, 8, 15, 29 May 6, 13, 20, 27, 2016

### Special Olympic Unified Softball

Weekly practices include drills and scrimmages. Athletes will be divided into teams based on skill assessments. **Assessments will be made at the first practice on Sunday, June 12, 2016 at 10am at the Winn Brook School field in Belmont.**

**Ages:** 12 and older Sunday mornings from **10:00–11:30am** at the Winn Brook School and Tuesday evenings from **6:30–7:30pm** at the Hittinger Street Field.

**Sundays:** June 12, 19, 26, July 10, 17, 24, 31, August 7, 14, 21, 2016

**Tuesdays:** June 14, 21, 28, July 5, 12, 19, 26, August 2, 9, 16, 23, 2016





### Special Olympic Golf

Sunday morning practice at Stone Meadow Golf Course in Lexington will focus on skill development through group instruction **8:00–9:00am**. You must have your own clubs. Athletes and partners who qualify for competition will play at Oakley Country Club on Tuesday evenings from **5:30 – 8:00pm**.

**Sundays:** June 12,19,26 July 10, 17, 24, 31 August 7,14,21, 2016

**Tuesdays:** TBA



### Special Olympic Volleyball (Unified)

Come train for volleyball with the coaches on Monday nights from **7:00–8:00pm** at the Chenery Middle School. Weekly practice will focus on skill development and teams will be formed according to abilities.

**Dates: Mondays:** March 28, April 4, 11, 25, May 2, 9, 16, 23, 2016



### Special Olympic Cycling

This activity takes place at Belmont High School on Monday nights from **6:30–7:30pm**. Ages 8 and older. You must have your own bike and helmet.

**Dates: Mondays:** June 20, 27, July, 11, 18, 25, August 1, 8, 15, 22, 2016



### Special Olympic Sailing

Come sail at the Courageous Sailing Center in Charlestown.

**Ages:** 16 and older on Wednesday evenings at **5:30pm**

**Dates: Wednesdays:** May 18, 25, June 1, 15, 22, 29, July 6, 13, 20, 27, Aug 3, 10, 17, 24, 2016

More information to follow regarding The **State Regatta at Community Boating**



### Special Olympic Power Lifting

This is for athletes who intend to train for competition at the summer games. For Ages 16 and older on Tuesday nights from **7:00–8:00pm** at the Weight Room at Belmont High School.

**Dates: Tuesdays** March 29, April 5, 12, 26, May 3, 10, 17, 24, 31, 2016



### Summer Socials

This program takes place on Friday or Wednesday evenings for ages 13 and older. The time may vary with the program.

**Fridays:** March 4, 11, 18, April 1, 8, 15, 29, May 6, 13, 20, 27, June 3, 10, 2016

**Wednesdays:** June 22, 29, July 6, 13, 20, 27, August 3, 10, 17, 2016



Call the Recreation Office for more details



### Walk for Fitness and Fun

Join us for a program at the Belmont High School Clay Pit Pond for a community walk. Participants need only bring good shoes and a desire to have a healthy walk or run. We will start with 1 mile and hopefully work up to more at the end of the season.

**Tuesdays: 6:30–7:30pm** April 26, May 3, 10, 17, 24, 31, 2016



### Recreation Swim



Join us for lap swimming and games at the new outdoor Underwood Pool. This activity will take place on Monday nights from **5:45–6:45pm** for five weeks. **Ages:** All ages  
**Mondays:** June 27, July 11, 18, 25, Aug 1, 2016



### Lights... Camera.... Action!!!

Did you ever wonder what it would be like to produce your own TV show? We are very excited to be working with Belmont Media Center. Come learn the behind the scenes of TV production. We will even be making our very own TV show.

We will be meeting at Belmont Media Center 9 Lexington St Belmont on Thursday evenings from **6:00 to 7:30pm** (the days that we go out to shoot the TV show will be longer hours)

**Dates:** Thursdays April 7, 14, 28 May 5, 12, 19, 26 June 2, 2016

**You must be at least 18 years old to participate space is limited**

### Challenger Division Baseball

Belmont S.P.O.R.T. has been invited to participate in the Watertown Little League Challenger Division (a division of Watertown Baseball and Softball). Sponsored by Mount Auburn Hospital, it is designed for boys and girls ages 8–18 with special needs. Participants will have fun learning to play baseball while being on a team.

For more information contact Eric Manning at 617–924–3381 or [bem913@comcast.net](mailto:bem913@comcast.net)



### Nothing Impossible Baseball

#### Ages 5 to 22

Will be held on Friday nights in July in Waltham

Nipper Maher Park 65 Dartmouth St, Waltham, MA 02453

This is a very relaxed atmosphere, no outs, swing until you hit.

We try to pair each athlete up with a volunteer.

For More information please contact Heidi @ [Hbarberio@belmont-ma.gov](mailto:Hbarberio@belmont-ma.gov).

### Afterschool T-Ball

Play ball! Join us for this afterschool program at Belmont Hill School. Learn basic baseball skills such as throwing, catching, ground balls, hitting and running the bases.

This program is for boys and girls ages 5–15.

**DATES:** Tuesdays April, 5, 12, 19, 26, 2016 (May 3<sup>rd</sup> make up in case of rain)

**TIME:** 3:30 to 4:30

For more information on this program please contact the Belmont Recreation at 617–993–2760 or [recreation@belmont-ma.gov](mailto:recreation@belmont-ma.gov).

### Trip to New York

August 19 – 21, 2016

This year's trip will include a tour of The Cloisters, Madison Square Garden, a Broadway performance of On Your Feet and a visit to the Statue of Liberty.

Cost \$525/person for those individuals who attend without a family member  
\$475/person with a family member \$425/third family member.

If interested please contact the Recreation Department 617–993–2760.

# Save The Date



7th Annual



Belmont Watertown  
**SPORT.**  
**Eric Habelow**  
**Open**

Wednesday, September 14, 2016

Sandy Burr Country Club

Wayland, MA

Dear Parents and Friends of Athletes.

Last year we had an overwhelming response to our request for support at programs and events. We are asking for your help again. Below are events occurring during the year which, require extra help. We ask that if it is possible, you sign up to help out at one of these events.

Name	Phone Number
S.P.O.R.T. Banquet	Wednesday, June 8, 2016
Summer Games	June 4-5, 2016
(Volunteers needed to unlock doors, assist athletes, serve dinner or dessert)	
Eric Habelow Open Golf Tournament	Wednesday, Sept. 14, 2016
(Volunteers needed to solicit donations, sponsor...	
Be a Unified Partner	
(Be specific as to where you can help)	

Please describe below any other way you would like to assist. Thank you for your help!



*FIND US ON FACEBOOK: Belmont SPORT*



## SPRING/SUMMER REGISTRATION

Please Mail to: Belmont Recreation Department P.O. Box 56, Belmont MA 02478

PLEASE PRINT INFORMATION:

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Mailing Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Reliable Emergency Phone: \_\_\_\_\_

E-Mail: PLEASE Print \_\_\_\_\_

MUST SIGN THE WAIVER PAGE:

Program:	Dates:	Resident	Non-Res.	Check Off
1. Special Olympic Bocce	June 20–Aug. 22	\$40	\$50	_____
2. Special Olympic Track	April 4 – May 23	\$40	\$50	_____
3. Special Olympic Tennis	March 29 – May 31	\$40	\$50	_____
4. Special Olympic Swimming	March 21– June 1	\$40	\$50	_____
Location/day: choose 2 days of the week you will practice				
Belmont High _Mon____ Wed____ Bentley Tues____ Friday____				
5. Special Olympic Softball	June 12 – Aug 23	\$40	\$50	_____
6. Special Olympic Golf	May 15 – Aug. 7	\$40	\$50	_____
7. Special Olympic Volleyball	March 28 – May 23	\$40	\$50	_____
8. Special Olympic Cycling	June 20–Aug. 22	\$40	\$50	_____
9. Special Olympic Sailing	May 18 – Aug. 24	\$40	\$50	_____
10. Special Olympic Power Lifting	March 29 – May 31	\$40	\$50	_____
11. Walking for Fitness	April 26– May 31	\$5	\$15	_____
12. Recreation Swim	June 27– Aug 1	\$40	\$50	_____
13. Lights Camera Action	March 19– May 14	\$40	\$50	_____
14. Challenger Division	TBA	\$TBA	\$TBA	_____
15. Nothing Impossible Baseball	Starts TBA	\$TBA	\$TBA	_____
16. Afterschool TBall	April 5–April 26	\$0	\$0	_____

\*\*Non-Resident is anyone who does not live in Belmont, Watertown, Waltham and Arlington. \*\*

**Summer socials:** There may be additional costs depending on the program.

Total of Check Enclosed: \$\_\_\_\_\_ Make all checks payable to: **TOWN OF BELMONT**

Mail Registration form and payment to:

Belmont Recreation Department

P.O. Box 56

Belmont, MA 02478

You may enroll for all programs now. No summer program brochures will be sent. Please make copies as needed for additional registrations. THANK YOU ☺

Find Us on FACEBOOK: Belmont SPORT

**WAIVER PAGE**

This form MUST be signed: THIS HAS CHANGED PLEASE REVIEW!

Each parent/guardian of a participant must agree, either by signature or electronically upon registration, to waive the Town of Belmont from liability by accepting these terms:

I, the undersigned, parent/guardian of \_\_\_\_\_, a minor, or myself as a participant, do hereby consent to my/ his/her participation in voluntary athletic programs and do forever release, acquit, discharge, and covenant to hold harmless the Town of Belmont from any and all actions, causes of action, and claims on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damage which I may now or hereafter have for myself or as the parent of said minor, and also all claims or right of action for damages which myself or said minor has or hereafter may acquire, either before or after I/ he/she has reached his/her majority resulting from his/her participation in Belmont Recreation programs.

It is understood that in the event that I/my child should require any minor medical or surgical treatment and/or medication during this event and I am not present, I authorize such physician or emergency care staff that the Belmont Recreation Department may appoint or designate to carry out the necessary treatment, or to take my child to the emergency room of the nearest hospital and I further authorize the hospital and its medical staff to provide the treatment deemed necessary by them for the well-being of myself/my child. It is understood that if hospitalization or treatment of a more serious nature is required for my child, every effort will be made to contact me.

For publicity purposes, program staff may take photos which may be used on the Department's website or Facebook pages or in the Town's newspaper. Please let us know if you have any objection or concern regarding this policy.

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Name of participant

Date

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Signature of participant (or legal guardian if under 18 years of age)

Date